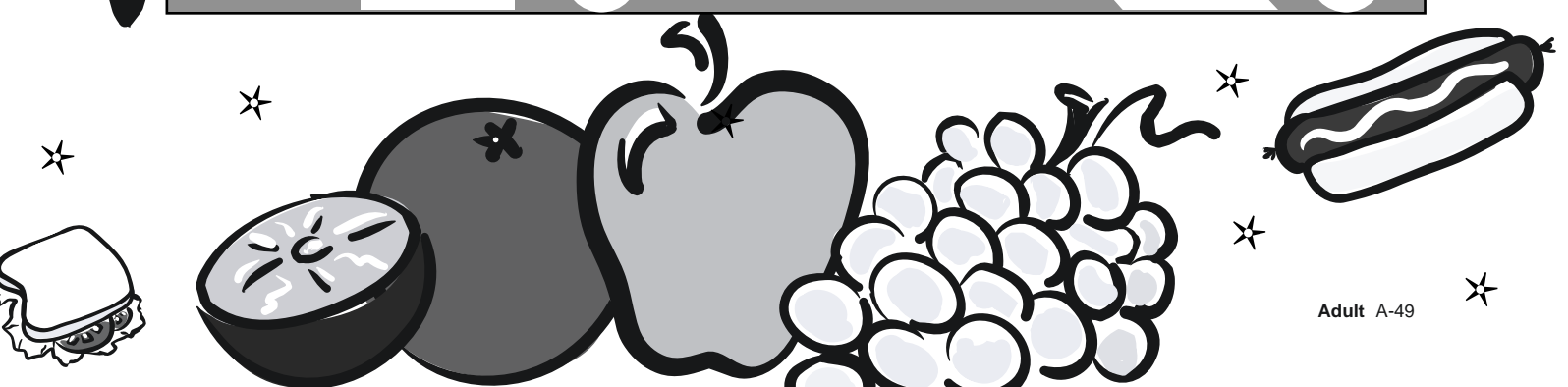




ID \_\_\_\_\_ DATE \_\_\_\_\_

# Adult PREQUESTIONNAIRE

WHAT'S YOUR  
food,  
physical activity,  
& heart health





ID \_\_\_\_\_ DATE \_\_\_\_\_

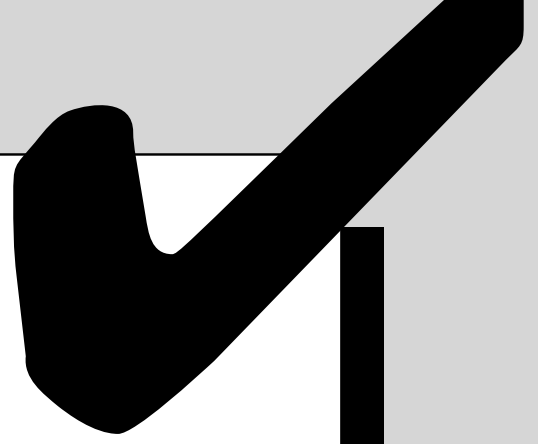
# Adult POSTQUESTIONNAIRE

WHAT'S YOUR  
food,  
physical activity,  
& heart health



# Please tell us a little about yourself.

Check the correct box!



**1. Your gender:**    ☐ 1 - Male    ☐ 2 - Female

**2. What is your age group?**

- ☐ 1 - Under 21
- ☐ 2 - 21 – 30
- ☐ 3 - 31 – 40
- ☐ 4 - 41 – 50
- ☐ 5 - 51 – 60
- ☐ 6 - 61 – 70
- ☐ 7 - Over 70

**3. Are you...**

- ☐ 1 - White
- ☐ 2 - African American or Black
- ☐ 3 - Hispanic
- ☐ 4 - Asian or Pacific Islander
- ☐ 5 - American Indian or Alaska Native
- ☐ 6 - Other (specify: \_\_\_\_\_ )?

**4. What is your highest level of education?**

- ☐ 1 - Less than High School
- ☐ 2 - High School Graduate
- ☐ 3 - Some College
- ☐ 4 - College Degree
- ☐ 5 - Some Graduate School
- ☐ 6 - Graduate Degree

# Heart-healthy eating

5. For each of the foods below, indicate if the item would count as a serving of a fruit or vegetable.

a. Half cup of orange juice?	Yes	No	Don't Know
b. Half cup of lettuce?	Yes	No	Don't Know
c. Half cup of steamed broccoli?	Yes	No	Don't Know

6. From which food group should you eat the most servings a day?

- 1 – Bread, cereal, rice, and pasta
- 2 – Vegetable
- 3 – Fruit
- 4 – Meat, poultry, fish, eggs, dry beans, and nuts
- 5 – Milk, yogurt, and cheese
- 0 – Don't know

7. Which of these is the best choice for a low-fat diet? *(circle just one)*

- 1 – Whole milk
- 2 – Low-fat yogurt
- 3 – Cheese
- 4 – Fat-free milk
- 0 – Don't know

8. Which is the best snack choice for a low-fat diet? *(circle just one)*

- 1 – Cookies
- 2 – Fruit roll-ups
- 3 – Pie
- 4 – Ice cream
- 0 – Don't know

**9. Please indicate whether you think the following statements are true or false by circling T or F after each one.**

	True	False
a. Polyunsaturated fat has the same number of calories as saturated fat.	T	F
b. The single most important change most people can make to lose weight is to avoid sugar.	T	F
c. Being overweight puts you at risk for heart disease.	T	F
d. A reduced intake of sodium or salt does not always lower high blood pressure to normal.	T	F
e. If you are overweight, losing weight helps lower your high blood cholesterol and high blood pressure.	T	F
f. The best way to lose weight is to eat fewer calories and be physically active.	T	F
g. Overweight children are likely to become overweight adults.	T	F
h. Skipping meals is a good way to cut down on calories.	T	F
i. Foods high in complex carbohydrates (starch and fiber) are good choices when you are trying to lose weight.	T	F

**10. To you personally, how important is each of the following choices?**  
(Circle one on each line.)

	Very Important	Somewhat Important	Not Too Important	Not at all Important
a. Choosing a diet with plenty of fruits and vegetables.	4	3	2	1
b. Eating a variety of foods.	4	3	2	1
c. Maintaining a healthy weight.	4	3	2	1
d. Choosing a diet low in fat.	4	3	2	1
e. Choosing a diet with plenty of breads, cereals, rice, and pasta.	4	3	2	1
f. Eating at least two servings of dairy products daily.	4	3	2	1



11. Please indicate how much you tend to agree or disagree with each statement.

	Strongly Agree	Agree	Disagree	Strongly Disagree
a. With my schedule, it's impossible to eat right.	1	2	3	4
b. There's too much stress in my life for me to handle managing my weight.	1	2	3	4
c. I just can't let food go to waste.	1	2	3	4
d. I eat more when I'm alone than when I eat around others.	1	2	3	4
e. When I've done something good, I reward myself with food.	1	2	3	4
f. I eat more on the weekends.	1	2	3	4
g. If I'm craving food, my body must need it.	1	2	3	4
h. Some people are meant to be fat.	1	2	3	4

12. Please indicate the term that most closely describes your habits when you eat the following foods.  
(Circle one on each line. If you do not eat any of the foods listed in an item circle "X".)

	Almost Always	Often	Sometimes	Rarely	Never	N/A
a. Eat turkey bologna <i>instead</i> of regular bologna?	4	3	2	1	0	X
b. Use fat-free milk or 1% milk <i>instead</i> of 2% or whole milk	4	3	2	1	0	X
c. Eat low-fat cheeses when you eat cheese?	4	3	2	1	0	X
d. Eat ice milk, frozen yogurt, or sherbet <i>instead</i> of ice cream?	4	3	2	1	0	X
e. Use low-calorie <i>instead</i> of regular dressing?	4	3	2	1	0	X
f. Have fruit for dessert?	4	3	2	1	0	X
g. Eat fish or poultry <i>instead</i> of meat (e.g., beef, pork, or lamb)?	4	3	2	1	0	X







# Physical Activity

Moderate physical activity includes activities such as walking, gardening, and heavy house cleaning. For moderate activity to be regular, it must add up to a total of 30 or more minutes per day and be done at least 5 days per week. For example, you could take a 30-minute walk or take a 10-minute walk, rake leaves for 10 minutes, and climb up stairs for 10 minutes—adding up to a total of 30 minutes of time.

*Please circle Yes if the statement applies to you, or No if it doesn't.*

1. I currently participate in moderate physical activity.	Yes	No
2. I intend to increase my participation in moderate physical activity in the next 6 months.	Yes	No
3. I currently engage in regular moderate physical activity.	Yes	No
4. I have been participating in moderate physical activity regularly for the past 6 months.	Yes	No
5. In the past, I have been regularly physically active in moderate activities for a period of at least 3 months.	Yes	No

*For the following two statements, circle the number that corresponds to your answer.*

6. During the past 7 days, how many times did you engage in physical activity to try to lose weight or keep from gaining weight?

0 – I have never done this  
1 – I have done this but not  
in the last 7 days

2 – 1 to 2 times  
3 – 3 to 6 times  
4 – 7 or more times

7. On how many of the past 7 days did you do any kind of physical activity in a place such as a “Y”, sports league, dance class, recreational center, or any other community center?

0 – None  
1 – 1 – 2 days  
2 – 3 – 4 days  
3 – 5 – 7 days

**8. How likely are you to say each of the following statements? (Circle one answer on each line)**

	Very Likely	Somewhat Likely	Somewhat Unlikely	Very Unlikely
a. I'm just too tired after work to engage in physical activity.	1	2	3	4
b. I've been thinking about being more physically active, but I just can't seem to get started.	1	2	3	4
c. I'm getting older so physical activity can be risky.	1	2	3	4
d. I'm not physically active because I have never learned the skills for any sport.	1	2	3	4
e. I don't have access to jogging trails, swimming pools, bike paths, etc.	1	2	3	4
f. Physical activity takes too much away from my other commitments – like work, family, etc.	1	2	3	4
g. I'm embarrassed about how I will look when I engage in physical activity with others.	1	2	3	4
h. It's easier for me to find excuses not to be physically active than to go out and do something.	1	2	3	4
i. I really can't see learning a new sport at my age.	1	2	3	4
j. My free time during the day is too short to include physical activity.	1	2	3	4
k. My usual social activities with family or friends do not include physical activity.	1	2	3	4
l. I'm too tired during the week and I need the weekend to catch up on my rest.	1	2	3	4
m. I'm afraid I might injure myself or have a heart attack.	1	2	3	4
n. If we had exercise facilities and showers at work, then I would be more likely to engage in physical activity.	1	2	3	4

9. The following statements are either true or false. Please choose your response by circling T or F.

	True	False
a. Regular physical activity can reduce your chances of getting heart disease.	T	F
b. It doesn't take a lot of money or expensive equipment to become physically fit.	T	F
c. Exercise programs do not require a lot of time to be very effective.	T	F
d. You should always consult a doctor before starting a physical activity program.	T	F
e. There are many risks and injuries that can occur with exercise.	T	F
f. Most people get enough physical activity from their daily routine.	T	F
g. You don't have to train like a marathon runner to become more physically fit.	T	F
h. People who need to lose some weight are the only ones who will benefit from regular physical activity.	T	F
i. The older you are, the less active you need to be.	T	F
j. People who have had a heart attack should not start any physical activity program.	T	F
k. All exercises give you the same benefits.	T	F
l. To help you stay physically active, include a variety of activities.	T	F

### 10. Fit Score

In the past 7 days, how much time did you spend on each of the following activities?

Write in the number of hours for each one, rounding to the nearest half-hour

(1/2, 1, 1 1/2). Add your totals for each day in the last row.

Activity	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Organized or Team Sports (e.g., basketball, tennis, racquetball, softball, etc.)							
Bicycling							
Dancing / Aerobics							
Walking / Hiking							
Golf							
Heavy Household Chores							
Pushups / Situps							
Rollerskating / Blading							
Jogging / Stairs / Treadmill							
Snow Skiing (winter sports)							
Swimming (water sports)							
Bowling							
Weightlifting							
Other Physical Activities; Specify: _____							
<b>DAILY TOTALS</b>							

**FIT SCORE GRAND TOTAL:** \_\_\_\_\_

### 11. Sit Score

In the past 7 days, how much inactive time did you spend at work, reading, watching TV programs, using a home computer, or watching videotapes and movies on TV or in a theater? In each space, write the number of hours for each activity, rounding to the nearest half-hour. Add your totals at the bottom.

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
At work (nonmanual labor)							
Reading							
Watching TV							
Using the computer							
Watching movies							
<b>DAILY TOTALS</b>							

**SIT SCORE GRAND TOTAL:** \_\_\_\_\_

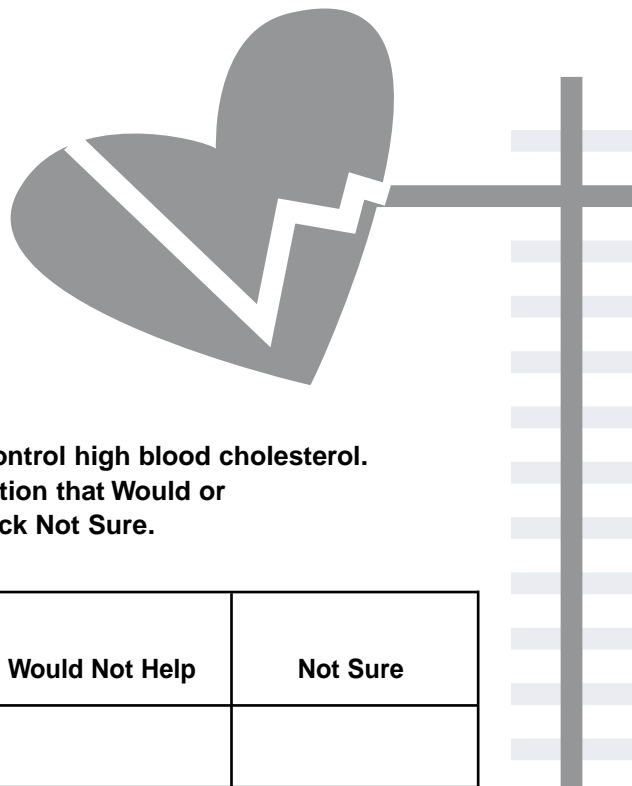
# Possible causes of high blood pressure

Listed below are some things that have been said are possible causes of high blood pressure (HBP). For each of those listed, please check whether you think it is a Cause or Not a Cause, or else check Not Sure.

	Cause of HBP	Not a Cause of HBP	Not Sure
1. Being overweight			
2. Heredity—it runs in the family			
3. Eating too much salt			
4. Race or ethnic group			
5. Worrying, tension, strain			
6. Eating fatty foods			
7. Smoking			
8. Drinking too much alcohol			
9. Regular hard exercise			
10. Being underweight			
11. Being pregnant			
12. Not getting enough exercise			
13. Old age			
14. Stress			

# Actions

## to control high blood cholesterol



Listed below are some actions that people might take to control high blood cholesterol. For each of these actions, please check whether it is an action that Would or Would Not Help control high blood cholesterol, or else check Not Sure.

	Would Help	Would Not Help	Not Sure
1. Getting regular exercise			
2. Eating less salt			
3. Eating less sugar			
4. Eating more soluble fiber			
5. Using fat-free milk or low-fat dairy products			
6. Eating less cheese			
7. Eating fewer eggs			
8. Eating more fish			
9. Eating less sausage, bacon, and luncheon meats			
10. Eating less saturated fat			
11. Losing weight if you are overweight			
12. Using soft or liquid margarine instead of butter			